

Nutrition/Health Volume  
Certification Section

Risk Factor 133 (High Maternal Weight Gain) 2.04210

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Authority 2010 7 CFR 246.7(e)(1) & (2); MPSF: WC-02-22-P WIC Policy Memorandum  
98-9 Revision 6; WIC Policy Memorandum 98-9 Revision 10

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POLICY: Risk Factor 133 (High Maternal Weight Gain) is assigned to:

1. A pregnant woman, (current pregnancy with one fetus) when:
  - a. A high rate of weight gain, such that in the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters if:
    - Underweight women gain more than 1.3 pounds per week
    - Normal weight women gain more than 1 pound per week
    - Overweight women gain more than 0.7 pounds per week
    - Obese women gain more than 0.6 pounds per week
  - OR
  - b. High weight gain at any point in pregnancy, such that using an Institute of Medicine (IOM)-based weight gain grid, a pregnant woman's weight plots at any point above the top line of the appropriate weight gain range for her respective prepregnancy weight category
2. A breastfeeding or non-breastfeeding woman (most recent pregnancy with one fetus): total gestational weight gain exceeding the upper limit of the IOM's recommended range based on the BMI for her pre-pregnancy weight group: underweight > 40 lbs, normal weight > 35 lbs, overweight > 25 lbs and obese > 20 lbs.  
Procedures for obtaining data, documentation and assigning risk factor must be followed.

PROCEDURES:

A. For a pregnant woman

1. Obtaining Data
  - a. If it is her initial visit,
    - i. Ask the woman for her pre-pregnancy weight, emphasizing the need for accurate information.
      - a) If the woman's pre pregnancy weight is unknown, per CDC guidelines use first trimester weight.
    - ii. Measure her current height and weight
  - b. If it is her subsequent visit, measure her current weight.

2. Documenting

- a. If it is her initial visit, record her pre-pregnancy weight and current weight and height in MOWINS.
- b. If it is her subsequent visit, record her current weight in MOWINS.

3. Assessing and Assigning Risk Factor

- a. Risk Factor 133 will be automatically assigned by MOWINS when there is a high rate of weight gain as detailed in policy. Refer to the [Risk Factor Detail Guide](#).

B. For a breastfeeding woman or non-breastfeeding woman (most recent pregnancy only):

1. Obtaining Data

- a. Ask the woman her total weight gain during the most recent pregnancy, obtain current height and weight.

2. Documenting

- a. Record her total weight gain and current weight and height in MOWINS.

3. Assessing and Assigning Risk Factor

- a. Risk Factor 133 will be automatically assigned by MOWINS when her total gestational weight gain exceeding the upper limit of the IOM's recommended range. Refer to the [Risk Factor Detail Guide](#) for additional information.

C. Providing Appropriate Counseling (See [Counseling Guides](#) for suggested counseling). Refer to the [Nutrition Training Manual](#) for more information.

1. Counseling and education shall be provided by the CPA.
2. Document counseling contact in MOWINS.

D. Providing Referrals

1. Provide appropriate referral information and document in MOWINS.

\*Note: For twin pregnancies this risk factor would not be assigned however, the 2009 IOM recommendations provide provisional guidelines; normal weight should gain 37-54 pounds; overweight women, 31-50 pounds; and obese women, 25-42 pounds. There was insufficient information for the IOM committee to develop even provisional guidelines for underweight women. For triplet pregnancies this risk factor would not be assigned however, overall gain should be around 50 pounds with a steady rate of gain of approximately 1.5 pounds per week throughout the pregnancy.